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Bonny!

Gestational Diabetes

MEAL PLAN



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HOW TO USE THE *meal plan* READ THIS FIRST

OVERVIEW

This meal plan is intended as a "meal guide," as it is impossible to make a meal plan that suits everyone's individual needs. You should adjust the serving sizes every day to fit your needs that day. See the carb note below.

It's okay to eat some of the snacks as part of your meal if you are hungry during that time or break it up into 5 or 6 small meals throughout your day, as many find this more appealing. Additionally, you can add another snack to your day if you are finding it is not enough food. **It is important to eat within an hour or so of going to bed. Getting plenty of protein at breakfast (for most, 25-30 grams is ideal) is also important (learn how to calculate your protein needs in module 4, lesson 1).**

MODIFICATIONS

While it is not expected that you follow each day to precision, the days were built to meet certain nutrient requirements of pregnancy, so making edits/swaps will change this. Again, this is okay and expected, but get as close to a swap as possible, i.e., instead of salmon, choose trout, sardines, tuna, or oysters. Instead of spinach, choose another leafy green.

- >Don't eat nuts? Include seeds!
- >Don't eat shellfish? Include fish!
- >Don't eat any fish at all? Swap for any animal protein. View the omega-3 note inside TPNL.
- >Don't eat dairy? Choose a non-dairy alternative, or remove the cheese. Navigate to the dairy-free note inside TPNL.
- >Don't eat eggs? Eat other foods high in choline every day. Replace egg breakfasts with other non-egg breakfasts in the meal plan. View egg note inside TPNL.
- >Don't eat red meat? Read why red meat is a top food for pregnancy inside TPNL, search meat.

CARBS (THE TOTALS ARE TOTAL CARBS NOT NET CARBS)

This meal plan is low in carbs because carbs are the only macronutrient that significantly affects your blood sugar. This may or may not be the appropriate amount for you. It is impossible to know unless you are taking blood sugar readings after meals. To understand your "target carb range" better, view module 3, lesson 3 in the feel-good GD program. You can add more carbs to each meal if this suits your needs. If you are struggling with your fasting numbers, there are many scenarios that may be happening (discussed in module 5, lesson 1). One of them is you are eating too many carbs overall. This meal plan is a good place to start.

BEVERAGES

You'll notice that no beverages are listed. Water is always a great choice as your needs are higher during this time. Check out the beverages notebook on other common beverages and the electrolytes note.

4 - WEEK meal plan

Disclaimer: This meal plan was built for healthy individuals and is not meant to treat, cure, or reverse any health conditions. Please consult with a prenatal nutrition specialist if you have further questions on your specific needs.

Reminder: everyone will tolerate a different amount of carbs, so adjust accordingly and listen to your hunger and fullness cues.

Pantry staples

GRAINS/LEGUMES

- brown rice (optional)
- quinoa (optional)

SEASONING

- iodized sea salt
- pepper
- garlic powder
- onion powder
- Italian seasoning
- paprika
- thyme, dried
- chili powder or cumin
- ground ginger
- cinnamon
- minced garlic

NUTS & SEEDS

- chia seeds
- almonds and/or almond slivers
- walnut pieces
- your favorite nut or mixed nuts
- peanut butter or other nut butter (check for oils & added sugar!)

FATS & OILS

- avocado oil (high heat cooking)
- avocado oil spray
- extra virgin olive oil (low cooking temperatures)
- coconut oil (low temperatures)
- ghee (high heat cooking)
- grass-fed butter (low temperatures or for spreads)

MISC.

- broth of your choice or bone broth
- pure maple syrup
- 32 oz. + nut milk or other milk of choice
- salad dressing of your choice (read labels carefully; they tend to have a lot of unnecessary ingredients OR make your own!)
- stevia or monk fruit extract
- vanilla extract
- dijon mustard

Note: If it's on this pantry list, it may not be listed on a weekly grocery list, so always check your pantry and the list before you go shopping!

WEEK ONE *overview*

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2/ DESSERT	CARBS APPROX DAILY TOTAL
MON.	KALE, BACON, & EGGS	PORK & CABBAGE SOUP	STEAK WITH OVEN- ROASTED VEGETABLES	SLICED TURKEY & PICKLES	CARROT CAKE CHIA PUDDING	71 G
TUES.	KALE, BACON, & EGGS	PORK & CABBAGE SOUP	STEAK WITH OVEN- ROASTED VEGETABLES	SLICED TURKEY & PICKLES	CARROT CAKE CHIA PUDDING	71 G
WED.	ROASTED TOMATO EGG BOWL	PORK & CABBAGE SOUP	PRESSURE COOKER BEEF & VEGGIE STEW	DELI ROAST BEEF & CHEESE	CARROT CAKE CHIA PUDDING	67 G
THUR.	ROASTED TOMATO EGG BOWL	TURKEY WRAPS WITH ALMONDS, CUCUMBERS, BLUEBERRIES	PRESSURE COOKER BEEF & VEGGIE STEW	DELI ROAST BEEF & CHEESE	CARROT CAKE CHIA PUDDING	87 G
FRI.	SPINACH & CHORIZO FRITTATA	TURKEY WRAPS WITH ALMONDS, CUCUMBERS, BLUEBERRIES	PRESSURE COOKER BEEF & VEGGIE STEW	OLIVE & TAHINI PLATE	RASPBERRY AVOCADO ICE CREAM	102 G
SAT.	SPINACH & CHORIZO FRITTATA	BEEF TACO LETTUCE WRAPS	15 MIN HALIBUT WITH ZOODLES	ONE PAN ROASTED EDAMAME & BROCCOLI SALAD	RASPBERRY AVOCADO ICE CREAM	72 G
SUN.	SPINACH & CHORIZO FRITTATA	BEEF TACO LETTUCE WRAPS	15 MIN HALIBUT WITH ZOODLES	ONE PAN ROASTED EDAMAME & BROCCOLI SALAD	RASPBERRY AVOCADO ICE CREAM	72 G

WEEK ONE

grocery list

PROTEIN

- ☐ 1 pack of bacon*
- ☐ 5 1/4 oz chorizo*
- ☐ 6 oz deli roast beef*
- ☐ 10 oz Halibut
- ☐ 10 oz ground beef*
- ☐ 3 lbs ground pork*
- ☐ 12 oz ribeye steak*
- ☐ 15 oz sliced turkey breast*
- ☐ 1 lb stewing beef*

DAIRY/ COLD

- ☐ 3 oz Cheddar cheese (block or slices)
- ☐ 2 oz Havarti cheese (slices)
(or pick one cheese to use)
- ☐ 1/2 cup parmigiano reggiano
- ☐ Butter
- ☐ Half & half
- ☐ 16 eggs*
- ☐ Unsweetened almond milk

FROZEN

- ☐ 1 bag Edamame

*buy organic, if you can

PRODUCE

- ☐ 1 apple*
- ☐ 2 avocados
- ☐ 1 banana
- ☐ 1 pint blueberries*
- ☐ 1 lemon (juice)
- ☐ 1 pint raspberries*
- ☐ 2 cups baby spinach*
- ☐ 1 head boston lettuce*
- ☐ 6 cups broccoli
- ☐ 2 cups brussel sprouts
- ☐ 1 bag carrots
- ☐ 10 cremini mushrooms*
- ☐ 1 cucumber
- ☐ 14 cloves garlic
- ☐ 3 cups green beans
- ☐ 9 cups green cabbage
- ☐ 1 stalk Green Onion
- ☐ 1 cup kale*
- ☐ 2 parsnips
- ☐ 1 red bell pepper*
- ☐ Fresh rosemary
- ☐ Fresh thyme
- ☐ 4 tomatoes*
- ☐ 5 white button mushrooms
- ☐ 5 yellow onions
- ☐ 2 zucchinis

CONTINUED ON NEXT PAGE

WEEK ONE

grocery list

MISC

- ☐ Almond butter
- ☐ Maple syrup
- ☐ Cinnamon
- ☐ Cumin (or taco seasoning packet)
- ☐ Ground Ginger
- ☐ 16 oz bone broth
- ☐ 1 can of coconut milk
- ☐ 18 cups chicken broth
- ☐ 1 can tomato paste
- ☐ Ground cloves
- ☐ 1 tbsp nutritional yeast (optional)
- ☐ Stevia Powder

DRY GOODS

- ☐ 1/2 cup almonds
- ☐ 1 cup chia seeds
- ☐ 1 1/2 cups walnuts
- ☐ 1 can pureed pumpkin
- ☐ 1/4 unsweetened coconut flakes

WEEK 1

recipes

KALE, BACON, & EGGS

4 Grams Carbs



INGREDIENTS FOR KALE, BACON, & EGGS:

- 3 slices Bacon (chopped)
- 1 tbsp Avocado Oil
- 1 cup Kale Leaves (chopped)
- 1/2 Carrot (shredded)
- 4 Eggs
- 1 tbsp Nutritional Yeast (optional)
- Sea Salt (to taste)

DIRECTIONS FOR KALE, BACON, & EGGS:

MAKES 2 SERVINGS

1. In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until the bacon is cooked through.
2. In a separate skillet, heat the avocado oil over medium heat. Once the oil is warm, add the kale and carrots and cook for 3 to 5 minutes.
3. Make two spaces in the kale mixture and crack the eggs into each space. Add the bacon and season with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
4. Divide between plates, serve and enjoy!

NOTES

Leftovers

- The eggs are best enjoyed on the same day. Refrigerate in an airtight container for up to three days.

No Kale

- Use another leafy green like spinach or Swiss chard instead.

Make it Vegetarian

- Add black beans, lentils, or tofu instead of bacon.

ROASTED TOMATO EGG BOWL

2 Grams Carbs



INGREDIENTS FOR ROASTED TOMATO EGG BOWL:

- 2 tomatoes (cut in half)
- 1 cup baby spinach (finely sliced)
- 4 eggs
- Sea salt & black pepper (to taste)

DIRECTIONS FOR ROASTED TOMATO EGG BOWL:

MAKES 2 SERVING

1. Preheat your oven to 450°F (232°C).
2. Cut your tomatoes in half and scoop out the seeds and flesh so it looks like a cup. You may need to slice a small piece of the bottom of the tomato off to create a flat surface so the cup will sit upright.
3. Place the tomato cups on a baking sheet and pack ¼ cup of sliced spinach into the bottom of each. Crack an egg in each tomato cup to cover the spinach. Place on a baking sheet and bake in the oven for 15 - 20 minutes (depending on how runny you like your eggs).
4. Remove from oven and season with sea salt, black pepper, and herbs of your choice (I like fresh basil and red pepper flakes). Serve alone or on top of a slice of toasted bread. Enjoy!

NOTES

Leftovers

- Best enjoyed the same day

SPINACH & CHORIZO FRITTATA

4 Grams Carbs



INGREDIENTS FOR SPINACH & CHORIZO FRITTATA:

- 5 1/4 ozs Chorizo (casing removed)
- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (peeled, diced)
- 2 Garlic (clove, minced)
- 10 Cremini Mushrooms (sliced)
- 8 Eggs
- 1/4 cup Cream, Half & Half
- 1 cup Baby Spinach (chopped)
- 1/2 cup Parmigiano Reggiano

DIRECTIONS FOR SPINACH & CHORIZO FRITTATA:

MAKES 8 SERVINGS

1. Preheat the oven to 375°F (190°C) and heat an oven-safe skillet on the stove over medium-high heat.
2. Add the chorizo, and cook for five to seven minutes, until cooked through and crumbled. Remove from the pan.
3. Add the oil to the pan. Once hot, add the onion and garlic. Cook for five minutes or until the onion has softened. Add the mushrooms and cook until golden, about 10 minutes. Add the chorizo back to the pan and remove it from the heat.
4. In a large bowl, whisk together the eggs, cream, and spinach. Pour the egg mixture into the skillet and stir to combine all the ingredients. Top with parmesan and bake for 15 to 18 minutes or until the eggs are set.
5. Cut into pieces, serve, and enjoy!

NOTES

Serving Size

- This recipe was made in a 10-inch (26 cm) cast-iron skillet. One serving is one piece.

Leftovers

- Refrigerate in an airtight container for up to three days.

More Flavor

- Caramelize the onions. Add fresh herbs. Top with hot sauce.

PORK & CABBAGE SOUP

12 Grams Carbs



INGREDIENTS FOR PORK & CABBAGE SOUP:

- 1 lb Ground Pork
- 1 tbsp Coconut Oil
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Ground Ginger
- 1 Carrot (large, cut into matchsticks)
- 3 cups Green Cabbage (sliced thin)
- 6 cups Chicken Broth
- 1 tbsp Coconut Aminos
- 2 stalks Green Onion (chopped, plus more for garnish)

DIRECTIONS FOR PORK & CABBAGE SOUP:

MAKES 4 SERVINGS; ONE SERVING IS 2 CUPS OF SOUP

1. Heat a large pot over medium heat. Add the pork to the pan, breaking it up as it cooks. Once it is cooked through, transfer it to a plate and set aside. Drain any excess drippings from the pan.
2. Add the coconut oil to the same pot. Add the onions and cook for about five minutes or until the onions begin to soften. Add the garlic and ginger. Continue to cook for another minute.
3. Add the browned pork back to the pot and then add the carrots and cabbage and stir to combine. Add the chicken broth and bring the soup to a gentle boil. Continue to cook for 15 to 20 minutes or until the carrots and cabbage are tender.
4. Stir in the coconut aminos and green onion. Season the soup with additional salt if needed. Divide between bowls and garnish with additional green onion (if desired). Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

More Flavor

- Use fresh ginger instead or use sesame oil instead of coconut oil.

More Veggies

- Add mushrooms, celery, and/or kale.

No Pork

- Use ground chicken or beef instead.

TURKEY WRAPS WITH ALMOND, CUCUMBER, & BLUEBERRIES

32 Grams Carbs



INGREDIENTS TURKEY WRAPS:

- 1/2 apple, sliced
- 2 ozs havarti cheese
- 7 ozs sliced turkey breast
- 1 cup blueberries
- 1/2 cup almonds
- 1 cucumber, sliced

DIRECTIONS FOR TURKEY WRAPS:

MAKES 2 SERVINGS

1. Layer the apple and Havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds, and cucumber. Enjoy!

NOTES

Leftovers

- Store leftovers in the refrigerator for 3 days.

No Turkey Breast

- Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free

- Use avocado instead of havarti.

Nut-Free

- Use pumpkin seeds or sunflower seeds instead.

Deli meat concerns

- Search deli meat in the library to learn more.

BEEF TACO LETTUCE WRAPS

9 Grams Carbs



INGREDIENTS FOR BEEF TACO LETTUCE WRAPS:

- 1 tsp Avocado Oil
- 10 ozs Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Cumin (or taco seasoning)
- 2 tbsps Tomato Paste
- 1 Tomato (chopped)
- 1 Red Bell Pepper (chopped)
- 1 head Boston Lettuce (leaves separated)

DIRECTIONS FOR BEEF TACO LETTUCE WRAPS:

MAKES 2 SERVINGS; ONE SERVING IS 2 LETTUCE WRAPS

1. Heat the oil in a pan over medium heat. Add the beef, breaking it up as it cooks.
2. Add the salt, pepper, and cumin, and continue to break up the beef. Cook for five to six minutes.
3. Mix in the tomato paste. Then, add the chopped tomato and bell pepper. Cook for approximately 15 minutes or until most of the liquid has reduced. Taste and add more flavor if desired.
4. To serve, use a slotted spoon to put the beef mixture into the lettuce leaves. Enjoy!

NOTES

Leftovers

- Refrigerate the beef mixture in an airtight container for up to three days.

No Beef

- Use ground turkey or chicken

Serve with

- Rice or quinoa (grams of carbs will vary)

STEAK WITH OVEN-ROASTED VEGETABLES

22 Grams Carbs



INGREDIENTS FOR STEAK WITH OVEN-ROASTED VEGETABLES:

- 12 ozs Ribeye Steak, Bone-in (room temperature)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Butter
- 2 Garlic (cloves, smashed)
- 1 tbsp Rosemary (fresh, chopped)
- 2 cups Brussels Sprouts (trimmed and halved)
- 3 cups Green Beans (washed, trimmed)

DIRECTIONS FOR STEAK WITH OVEN-ROASTED VEGETABLES:

MAKES 2 SERVINGS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat the steak very dry with a paper towel—season liberally with salt and pepper.
3. Heat a cast-iron skillet over medium heat until hot. Add 2/3 of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add the butter, garlic, and rosemary, and spoon over the top of the steak until the garlic is slightly browned. Remove and let rest for at least 10 minutes before slicing.
4. Meanwhile, toss the Brussels sprouts and green beans with the remaining oil, salt, and pepper. Place in the oven and bake until crispy, about 15 to 18 minutes. Divide the vegetables and steak onto plates. Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

Steak Size

- This recipe was tested with a 2-inch (5 cm) steak. Adjust the cooking time as needed based on the thickness of the steak.

PRESSURE COOKER BEEF & VEGGIE STEW

22 Grams Carbs



INGREDIENTS FOR PRESSURE COOKER BEEF & VEGGIE STEW:

- 1 tsp Avocado Oil
- 1 lb. Stewing Beef (diced into cubes)
- 16 oz. Bone Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 1 tbsp Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 2 Parsnip (peeled, chopped)
- 5 White Button Mushrooms (halved)
- 1 Yellow Onion (medium, sliced in large chunks)
- 1 tsp Thyme (dried)

DIRECTIONS FOR PRESSURE COOKER BEEF & VEGGIE STEW:

MAKES 4 SERVINGS; ONE SERVING IS 2 CUPS

1. Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
2. Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes, and then do a quick release. Serve and enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

Want it thicker?

- After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin

- Use butternut squash purée instead.

Crunchy Veggies

- Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

15 MINUTE HALIBUT WITH ZOODLES

8 Grams Carbs



INGREDIENTS FOR 15 MINUTE HALIBUT WITH ZOODLES:

- 10 ozs Halibut Fillet
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tbsp Lemon Juice (to taste)
- 2 Zucchini (medium, spiralized)

DIRECTIONS FOR 15 MINUTE HALIBUT WITH ZOODLES:

MAKES 2 SERVINGS; ONE SERVING IS 5 OZ OF HALIBUT & 2 CUPS OF ZOODLES

1. Season the halibut generously with salt and pepper. Heat the oil in a skillet over medium-high heat. Add the halibut and cook for five minutes, flipping halfway, or until browned and cooked through. Set aside.
2. Add the garlic and lemon juice to the same skillet. Stir in the zucchini noodles and cook for about one minute, seasoning with more salt and pepper.
3. Divide the zucchini noodles and halibut onto plates. Squeeze more lemon juice over the top and enjoy!

NOTES

More Flavor

- Use butter instead of olive oil.

Leftovers

- Refrigerate in an airtight container for up to 3 days.

Additional Toppings

- Top with pine nuts, sliced almonds, or fresh herbs.

Mercury

- Halibut is considered to have a moderate amount of mercury so it can be enjoyed several times (5-6) per month

SNACKS

SLICED TURKEY & PICKLES

- 4 oz sliced turkey breast
- 1/4 cup sliced pickles

Can enjoy it with crackers, cheese, nuts, or fruit.

3 Grams Carbs



DELI ROAST BEEF & CHEESE

- 3 ozs deli roast beef
- 1.5 ozs cheddar cheese, sliced

1 Gram Carbs



OLIVE & TAHINI PLATE

- 2 tbsps tahini
- 2 tbsps water
- 1/8 tsp salt
- 1/2 tomato, wedges
- 1/4 cup cucumber, slices
- 1/3 cup black olives

Whisk together tahini, water, and salt. Add spices if desired. Serve with tomato, cucumber, and olives

14 Grams Carbs



ONE PAN ROASTED EDAMAME & BROCCOLI SALAD

21 Grams Carbs



INGREDIENTS FOR EDAMAME & BROCCOLI SALAD:

- 6 cups Broccoli (chopped into florets)
- 2 cups Frozen Edamame (shelled)
- 1 cup Walnuts
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 1 tbsp Almond Butter
- 1 tbsp Apple Cider Vinegar

DIRECTIONS FOR EDAMAME & BROCCOLI SALAD:

MAKES 4 SERVINGS

1. Preheat oven to 450°F (232°C) and line a baking sheet with foil.
2. In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to a baking sheet and spread into an even layer. Bake for 25 minutes.
3. Meanwhile, in a small jar, combine the remaining avocado oil, almond butter, and apple cider vinegar. Shake well. Add more water to thin if necessary.
4. Drizzle the desired amount of dressing over top of the salad and serve.

NOTES

Leftovers

- Refrigerate in an airtight container for up to five days.

Serving Size

- One serving is approximately 1 1/2 cups.

No Walnuts

- Use cashews, almonds or pecans instead.

Nut-Free

- Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

CARROT CAKE CHIA PUDDING

30 Grams Carbs



INGREDIENTS FOR CARROT CAKE CHIA PUDDING:

- 2 Carrots (medium, grated)
- 1 tsp Cinnamon
- 1/4 tsp Ground Cloves
- 1/2 tsp Ground Ginger
- 2 tsps Stevia Powder (to taste)
- 4 cups unsweetened almond milk
- 1 cup chia seeds
- 1/2 walnuts, chopped
- 1/4 cup unsweetened coconut flakes

DIRECTIONS FOR CARROT CAKE CHIA PUDDING:

MAKES 4 SERVINGS

1. In a medium-sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger, and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

Leftovers

- Keeps well in the fridge for 3 to 4 days.

Extra Creamy

- Replace half of the almond milk with full-fat canned coconut milk

RASPBERRY AVOCADO ICE CREAM

30 Grams Carbs



INGREDIENTS FOR RASPBERRY AVOCADO ICE CREAM:

- 1 1/2 Avocado
- 1 1/2 cups Raspberries (frozen)
- 3/4 Banana (small, frozen)
- 1/4 cup canned coconut milk (full fat)
- 1 1/2 tbsp maple syrup

DIRECTIONS FOR RASPBERRY AVOCADO ICE CREAM:

MAKES 3 SERVINGS; ONE SERVING IS 3/4 CUP

1. Add all ingredients to a food processor and blend until smooth and creamy.
2. Serve immediately and enjoy!

NOTES

Leftovers

- Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

More Flavor

- Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings

- Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries

- Use strawberries instead

WEEK TWO *overview*

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2/ DESSERT	CARBS APPROX DAILY TOTAL
MON.	BACON EGGLETS WITH GREENS	ONE PAN TERIYAKI CHICKEN	AVOCADO BEEF STIR FRY	CUCUMBER & HERBED YOGURT DIP	PISTACHIO POMEGRANATE BARK	118 G
TUES.	BACON EGGLETS WITH GREENS	ONE PAN TERIYAKI CHICKEN	AVOCADO BEEF STIR FRY	CUCUMBER & HERBED YOGURT DIP	PISTACHIO POMEGRANATE BARK	118 G
WED.	BACON EGGLETS WITH GREENS	CAULIFLOWER , KALE & SAUSAGE BOWL	AVOCADO BEEF STIR FRY	SAUSAGE & SAUERKRAUT PLATE	PISTACHIO POMEGRANATE BARK	93 G
THUR.	MASHED CAULIFLOWER BREAKFAST BOWL	CAULIFLOWER , KALE & SAUSAGE BOWL	PORK TENDERLOIN W/ STEAMED PARSNIPS & CARROTS	PROTEIN PACKED DEVILED EGGS	PISTACHIO POMEGRANATE BARK	111 G
FRI.	MASHED CAULIFLOWER BREAKFAST BOWL	AVOCADO EGG SALAD COLLARD WRAPS	PORK TENDERLOIN W/ STEAMED PARSNIPS & CARROTS	PROTEIN PACKED DEVILED EGGS	BLACKBERRY CHIA PUDDING	85 G
SAT.	MASHED CAULIFLOWER BREAKFAST BOWL	AVOCADO EGG SALAD COLLARD WRAPS	SHRIMP FRIED CAULIFLOWER RICE	TURKEY & CHEESE SNACK BOX	BLACKBERRY CHIA PUDDING	75 G
SUN.	CHICKEN & SQUASH BREAKFAST PATTIES	AVOCADO EGG SALAD COLLARD WRAPS	SHRIMP FRIED CAULIFLOWER RICE	TURKEY & CHEESE SNACK BOX	BLACKBERRY CHIA PUDDING	71 G

WEEK TWO *grocery list*

PROTEIN

- ☐ 1 pack Bacon*
- ☐ 10 ozs Chicken Breast*
- ☐ 8 ozs Chicken Sausage*
- ☐ 8 ozs Ground Chicken*
- ☐ 1 lb Pork Tenderloin*
- ☐ 8 ozs Shrimp
- ☐ 8 1/2 ozs Sliced Turkey Breast*
- ☐ 12 ozs Top Sirloin Steak*
- ☐ 8 ozs Turkey Sausage

DAIRY/ COLD

- ☐ 1 package Cheese cubes or sticks
- ☐ 16 Eggs*
- ☐ Plain Coconut Milk
- ☐ Unsweetened Almond Milk
- ☐ Whole Milk Greek Yogurt

DRY GOODS

- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 cup Pistachios
- ☐ 1/2 cup walnuts
- ☐ 1 can tuna
- ☐ 7 ozs Dark Chocolate
- ☐ 2 tbsps Honey
- ☐ 1/4 cup Unsweetened Coconut Flakes

*buy organic, if you can

PRODUCE

- ☐ 1 Apple*
- ☐ 7 Avocados
- ☐ 1 pint Blackberries*
- ☐ 1 Lemon
- ☐ 1 tbsp Lemon Juice
- ☐ 1 Navel Orange
- ☐ 1 cup Pomegranate Seeds
- ☐ 4 cups Arugula
- ☐ 2 cups Broccoli
- ☐ 1/2 cup Butternut Squash
- ☐ 4 Carrots
- ☐ 2 heads Cauliflower
- ☐ 2 1/2 cups Cauliflower Rice
- ☐ 4 cups Collard Greens
- ☐ 1 Cucumber*
- ☐ 1 tbsp Fresh Dill
- ☐ 10 1/2 cloves Garlic
- ☐ 2 1/2 tbsps Ginger
- ☐ 8 Stalks Green Onion
- ☐ 3 cups Kale Leaves*
- ☐ 3 cups Mixed Greens*
- ☐ 1 tbsp Parsley
- ☐ 3 Parsnips
- ☐ 9 ozs Portobello Mushroom Caps*
- ☐ 1 Red Bell Pepper*
- ☐ 2 tbsps Red Onion
- ☐ 2 cups Snap Peas
- ☐ 1 1/2 Yellow Onion

CONTINUED ON NEXT PAGE

WEEK TWO *grocery list*

MISC

- ☐ Maple Syrup
- ☐ Chili Powder
- ☐ Dried Basil
- ☐ Dried Rosemary
- ☐ Dried Thyme
- ☐ Garlic Powder
- ☐ Paprika
- ☐ Sesame Seeds
- ☐ Coconut Aminos
- ☐ Dijon Mustard
- ☐ Red Wine Vinegar
- ☐ Rice Vinegar
- ☐ Sauerkraut
- ☐ Sesame Oil
- ☐ Tamari

WEEK 2

recipes

BACON EGGLETS WITH GREENS

2 Grams Carbs



INGREDIENTS FOR BACON EGGLETS WITH GREENS:

- 6 eggs
- 3 slices bacon (cut into 2-inch strips)
- 3 cups mixed greens

DIRECTIONS FOR BACON EGGLETS WITH GREENS:

MAKES 3 SERVING; ONE SERVING EQUALS TWO EGGS, ONE SLICE OF BACON AND ONE CUP OF GREENS

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
3. Meanwhile, heat a skillet over medium heat. Cook the bacon for 5 minutes each side or until cooked through.
4. Peel and halve the eggs. Place the bacon in between the egg halves and transfer to a plate with greens. Enjoy!

NOTES

Leftovers

- Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the bacon and mixed greens in separate airtight containers for up to four days.

Additional Toppings

- Cucumber, tomatoes, avocado, your favorite dip or dressing, mayonnaise, paprika or za'atar.

Easier to Peel

- Add salt to the water when boiling the eggs.

MASHED CAULIFLOWER BREAKFAST BOWL

17 Grams Carbs



INGREDIENTS FOR MASHED CAULIFLOWER BREAKFAST BOWL:

- 1 head Cauliflower (large, sliced into florets)
- 2 tbsps Plain Coconut Milk (unsweetened, from the carton)
- 1/4 tsp Sea Salt
- 1/2 tsp Garlic Powder
- 6 slices Bacon
- 9 ozs Portobello Mushroom Caps (sliced)
- 2 tbsps Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsps Lemon Juice
- 4 cups Arugula

DIRECTIONS FOR MASHED CAULIFLOWER BREAKFAST BOWL:

MAKES 3 SERVING

1. Place the cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft. Transfer steamed cauliflower to a food processor or blender along with the coconut milk, sea salt and garlic powder. Process until smooth.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
3. In a pan over medium heat, add the sliced mushrooms and cook for 5 to 7 minutes. Add the coconut aminos to deglaze the pan and turn the heat off.
4. In a small bowl, add extra virgin olive oil and lemon to the arugula. Add the mashed cauliflower to a bowl, top with bacon, mushrooms and arugula. Serve and enjoy!

NOTES

Leftovers

- Refrigerate for up to 3 days.

Save Time

- Make the mashed cauliflower and bacon ahead of time. For best results, reheat before enjoying.

Additional Toppings

- Top with a fried or soft-boiled egg

No Coconut Milk or No Coconut Aminos

- Use almond or hemp milk instead. Use tamari or soy sauce instead.

CHICKEN & SQUASH BREAKFAST PATTIES

13 Grams Carbs



INGREDIENTS FOR CHICKEN & SQUASH BREAKFAST PATTIES:

- 8 ozs Ground Chicken
- 1/2 cup Butternut Squash (grated)
- 2 tbsps Red Onion (finely chopped)
- 1/2 Apple (peeled, finely chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 1 1/2 tsps Extra Virgin Olive Oil

DIRECTIONS FOR CHICKEN & SQUASH BREAKFAST PATTIES:

MAKES 2 SERVING; ONE SERVING IS TWO PATTIES

1. Combine the chicken, butternut squash, red onion, apple, garlic, thyme, and salt in a mixing bowl. Mix well.
2. Heat the oil in a non-stick pan over medium heat.
3. Form the mixture into patties approximately four inches (10-centimeters) in diameter and cook for four to five minutes per side or until cooked through. Cook the patties in batches, if necessary. Serve and enjoy!

NOTES

Leftovers

- Refrigerate for up to 3 days.

No Butternut Squash

- Use another squash or sweet potato instead

No Ground Chicken

- Use ground turkey or pork instead

ONE PAN TERIYAKI CHICKEN

45 Grams Carbs (no rice)



INGREDIENTS FOR ONE PAN TERIYAKI CHICKEN:

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrots (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

DIRECTIONS FOR ONE PAN TERIYAKI CHICKEN:

MAKES 2 SERVINGS

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
3. In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
4. Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

More Spice

- Whisk hot sauce or chili flakes into the teriyaki sauce.

Leftovers

- Store in an airtight container in the fridge for up to 3 days.

No Coconut Aminos

- Use tamari instead.

CAULIFLOWER, KALE & SAUSAGE BOWL

27 Grams Carbs



INGREDIENTS FOR CAULIFLOWER, KALE & SAUSAGE BOWL:

- 1/2 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3 cups Kale Leaves (chopped)
- 8 ozs Chicken Sausage
- 2 Eggs
- 1 Avocado

DIRECTIONS FOR CAULIFLOWER, KALE & SAUSAGE BOWL:

MAKES 2 SERVINGS

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
3. While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
4. Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
5. To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

NOTES

Vegetarian

- Use chickpeas or tempeh instead of sausage or add extra egg

AVOCADO EGG SALAD COLLARD WRAPS

12 Grams Carbs



INGREDIENTS FOR AVOCADO EGG SALAD COLLARD WRAPS:

- 4 cups Collard Greens (washed and stems cut off)
- 6 Eggs (hard boiled and chopped)
- 2 Avocados (peeled and pits removed)
- 1/2 Lemon (juiced)
- 5 stalks Green Onion (chopped)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)

DIRECTIONS FOR AVOCADO EGG SALAD COLLARD WRAPS:

MAKES 4 SERVINGS

1. In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
2. Wrap up in collard greens and enjoy!

NOTES

More Carbs

- Wrap in a brown rice tortilla

Make it Spicy

- Add clean hot sauce

AVOCADO BEEF STIR FRY

25 Grams Carbs



INGREDIENTS FOR AVOCADO BEEF STIR FRY:

- 3 tbsps Sesame Oil
- 4 1/2 Garlic (cloves, minced)
- 1 1/2 tbsps Ginger (peeled and grated)
- 1 1/2 Yellow Onion (small, sliced)
- 12 ozs Top Sirloin Steak (thinly sliced)
- 1 1/2 tbsps Tamari
- 2 1/4 tbsps Red Wine Vinegar
- 1 1/2 tsps Sea Salt
- 3 Avocado (peeled and cubed)

DIRECTIONS FOR AVOCADO BEEF STIR FRY:

MAKES 3 SERVINGS

1. Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
2. Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

NOTES

Serve it With

- Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps

No Beef

- Use diced chicken breast, cooked chickpeas or tofu instead.

More Greens

- Stir in kale or baby spinach until wilted.

Leftovers

- Refrigerate in an air-tight container up to 3 days

PORK TENDERLOIN WITH STEAMED PARSNIPS & CARROTS

24 Grams Carbs



INGREDIENTS FOR PORK TENDERLOIN WITH STEAMED PARSNIPS & CARROTS:

- 1 tsp Dried Basil
- 1 tsp Dried Rosemary
- 3/4 tsp Sea Salt
- 1 tbsp Coconut Oil
- 1 lb. Pork Tenderloin
- 3 Parsnips (medium, sliced)
- 2 Carrots (medium, sliced)

DIRECTIONS FOR PORK TENDERLOIN WITH STEAMED PARSNIPS & CARROTS:

MAKES 4 SERVINGS

1. Preheat the oven to 400°F (205°C).
2. Mash together the basil, rosemary, salt and coconut oil into a paste.
3. Rub the pork tenderloin with the herb paste until evenly coated.
4. Wrap in foil and place on a baking sheet. Bake for about 30 minutes, or until a meat thermometer reads 145°F (65°C). Let it sit covered in the foil for 10 minutes before slicing.
5. Meanwhile, fill a pot with water and bring it to a boil. Place the carrots and parsnips in a steaming basket and steam for 10 to 15 minutes or until fork-tender. Slice the pork and enjoy with the carrots and parsnips.

NOTES

Leftovers

- Refrigerate for up to 3 days.

More Flavor

- Roast the parsnips and carrots instead

No Coconut Oil

- Use butter or ghee instead

SHRIMP FRIED CAULIFLOWER RICE

13 Grams Carbs



INGREDIENTS FOR PORK TENDERLOIN WITH STEAMED PARSNIPS & CARROTS:

- 8 ozs Shrimp (peeled, deveined)
- 1/4 tsp Chili Powder
- 1 tsp Avocado Oil (divided)
- 2 Eggs
- 2 1/2 cups Cauliflower Rice
- 1 Red Bell Pepper (diced)
- 2 tbsps Coconut Aminos
- 2 stalks Green Onion (sliced)

DIRECTIONS FOR PORK TENDERLOIN WITH STEAMED PARSNIPS & CARROTS:

MAKES 2 SERVINGS

1. Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
2. In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
3. Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
4. Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

NOTES

Leftovers

- Refrigerate for up to 3 days.

More Flavor

- Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

Additional Toppings

- Add additional vegetables such as peas or carrots.

SNACKS

CUCUMBER & HERBED YOGURT DIP

- 1/2 cup Whole Milk Greek Yogurt
- 1 tbsp Fresh Dill (finely chopped)
- 1 tbsp Parsley (finely chopped)
- 1/4 tsp Sea Salt (to taste)
- 1/2 Cucumber (large, sliced)

In a bowl, combine the coconut yogurt, dill, parsley, and salt. Serve alongside the cucumber slices.

11 Grams Carbs

Makes 1 Serving



SAUSAGE & SAUERKRAUT PLATE

- 8 ozs turkey sausage
- 1 cup sauerkraut (drained)
- 2 tbsps dijon mustard

Preheat oven to 425 F and cook sausage for 20 minutes. Slice & serve with sauerkraut & mustard

4 Grams Carbs

Makes 2 Servings



PROTEIN PACKED DEVILED EGGS

- 4 hard boiled eggs
- 1 can tuna, drained
- 1/2 avocado
- 1 stalk green onion, chopped
- Salt & pepper
- 1/2 tsp paprika
- 1/2 cucumber, sliced

Peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

8 Grams Carbs

Makes 2 Servings



SNACKS

TURKEY & CHEESE SNACK BOX

- 8 1/2 ozs sliced turkey breast
- 4 ozs cheddar cheese, cubed
- 1/2 cup walnuts

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

9 Grams Carbs

Makes 2 Servings



PISTACHIO POMEGRANATE BARK

35 Grams Carbs



INGREDIENTS FOR PISTACHIO POMEGRANATE BARK:

- 7 oz Dark Chocolate (at least 70% cacao)
- 1 cup Pomegranate Seeds (you can also use dried strawberries)
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

DIRECTIONS FOR PISTACHIO POMEGRANATE BARK:

MAKES 4 SERVINGS

1. Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios, and coconut flakes in bowls.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil, then reduce to the lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat, as this will cause the chocolate to get lumpy.
3. Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over the top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes or until firm.

NOTES

Storage

- Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

BLACKBERRY CHIA PUDDING

24 Grams Carbs



INGREDIENTS FOR BLACKBERRY CHIA PUDDING:

- 2 cups Unsweetened Almond Milk
- 2 cups Blackberries (or other berry)
- 2 tbsps Maple Syrup
- 1 tsp vanilla extract
- 1/2 cup chia seeds

DIRECTIONS FOR BLACKBERRY CHIA PUDDING:

MAKES 4 SERVINGS

1. Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
2. Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
3. Top with additional blackberries if desired. Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

Additional Toppings

- Granola, nuts, seeds, yogurt

Nut-Free

- Use oat milk or coconut milk instead of almond milk

WEEK THREE *overview*

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2/ DESSERT	CARBS APPROX DAILY TOTAL
MON.	HAWAIIAN OMELETTE	15 MIN SHRIMP & CABBAGE STIR FRY	BISON MEATBALLS & CAULIFLOWER MASH	CREAMY MUSHROOMS & CHICKEN LIVER	COCONUT HEMP SEED BREAKFAST PUDDING	88 G
TUES.	HAWAIIAN OMELETTE	15 MIN SHRIMP & CABBAGE STIR FRY	BISON MEATBALLS & CAULIFLOWER MASH	CREAMY MUSHROOMS & CHICKEN LIVER	COCONUT HEMP SEED BREAKFAST PUDDING	88 G
WED.	HAWAIIAN OMELETTE	PHILLY CHEESESTEAK STUFFED PORTOBELLO MUSHROOMS	ONE POT CREAMY CHICKEN & ARTICHOKE STEW	CREAMY MUSHROOMS & CHICKEN LIVER	COCONUT HEMP SEED BREAKFAST PUDDING	86 G
THUR.	HAWAIIAN OMELETTE	PHILLY CHEESESTEAK STUFFED PORTOBELLO MUSHROOMS	ONE POT CREAMY CHICKEN & ARTICHOKE STEW	CREAMY MUSHROOMS & CHICKEN LIVER	COCONUT HEMP SEED BREAKFAST PUDDING	86 G
FRI.	MEXICAN SCRAMBLE	PHILLY CHEESESTEAK STUFFED PORTOBELLO MUSHROOMS	CHICKEN, KALE, & RUTABAGA	TURKEY & CHEESE ROLLUPS	PEANUT BUTTER COOKIES	108 G
SAT.	MEXICAN SCRAMBLE	CHEESE-BURGER SALAD	CHICKEN, KALE, & RUTABAGA	SMOKED SAUSAGE & SAUERKRAUT PLATE	PEANUT BUTTER COOKIES	94 G
SUN.	MEXICAN SCRAMBLE	CHEESE-BURGER SALAD	CHICKEN, KALE, & RUTABAGA	CUCUMBER & SMOKED OYSTER SPREAD	PEANUT BUTTER COOKIES	107 G

WEEK THREE *grocery list*

PROTEIN

- ☐ 8 oz Cajun Smoked Andouille Sausage
- ☐ 12 ozs Chicken Breast
- ☐ 8 ozs Chicken Liver
- ☐ 8 ozs Chicken Thighs
- ☐ 8 ozs Ground Beef
- ☐ 1 lb Ground Bison
- ☐ 5 1/4 oz Prosciutto
- ☐ 1 lb. Shrimp
- ☐ 4 oz Sliced Turkey Breast
- ☐ 12 ozs. Top Sirloin Steak

DAIRY/COLD

- ☐ 2 ozs Cheddar Cheese
- ☐ 1 cup Goat Cheese
- ☐ 8 ozs Provolone Cheese
- ☐ 1 3/4 ozs Swiss Cheese
- ☐ 1 tsp Cream Cheese, Regular
- ☐ 17 Eggs*
- ☐ Unsweetened Almond Milk

FROZEN

- ☐ 1 bag frozen green beans

*buy organic, if you can

PRODUCE

- ☐ 3 Avocados
- ☐ 1 Lemon
- ☐ 1 1/2 tbsps Lemon Juice
- ☐ 1 cup Pineapple
- ☐ 1 cup Raspberries*
- ☐ 16 cups Baby Spinach*
- ☐ 1 head Boston Lettuce*
- ☐ 1 head Cauliflower
- ☐ 1 cup Cherry Tomatoes*
- ☐ 1/4 cup Cilantro
- ☐ 1 Cucumber*
- ☐ 10 cloves Garlic
- ☐ 1 Green Bell Pepper*
- ☐ 8 cups Green Cabbage
- ☐ 5 stalks Green Onion
- ☐ 5 cups Kale Leaves*
- ☐ 1/4 cup Parsley
- ☐ 1 1/2 lbs. Portobello
Mushroom Caps
- ☐ 1 Red Onion
- ☐ 9 cups Rutabaga
- ☐ 4 cups Shiitake Mushrooms*
- ☐ 1 Tomato*
- ☐ 1/2 Yellow Onion

CONTINUED ON NEXT PAGE

WEEK THREE *grocery list*

MISC

- ☐ Black Pepper
- ☐ Cumin
- ☐ Dried Thyme
- ☐ Oregano
- ☐ Paprika
- ☐ Red Pepper Flakes
- ☐ Sesame Seeds
- ☐ Turmeric
- ☐ Monk Fruit Sweetener
- ☐ Nutritional Yeast
- ☐ Unsweetened Shredded Coconut
- ☐ Apple Cider Vinegar
- ☐ 1/2 cup Artichoke Hearts
- ☐ Baby Pickles
- ☐ Dijon Mustard
- ☐ Mayonnaise
- ☐ 1/4 cup Pickles
- ☐ 1 cup Sauerkraut
- ☐ Worcestershire Sauce
- ☐ Yellow Mustard

DRY GOODS/BOXED

- ☐ 1 cup Peanut butter
- ☐ 1/3 cup Chia Seeds
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1 cup Hemp Seeds
- ☐ 2 cups Black Beans
- ☐ 2 1/2 cups Canned Coconut Milk
- ☐ 1/2 cup Chicken Broth
- ☐ Salsa
- ☐ 3 3/4 ozs Smoked Oysters

WEEK 3

recipes

HAWAIIAN OMELETTE

9 Grams Carbs



INGREDIENTS FOR HAWAIIAN OMELETTE:

- 1 tbsp Coconut Oil
- 10 Eggs
- Sea Salt & pepper, to taste
- 1 cup Pineapple (cored and diced)
- 5 1/4 oz Prosciutto (sliced into small pieces)
- 1 cup Goat Cheese (crumbled)
- 4 cups Baby Spinach

DIRECTIONS FOR HAWAIIAN OMELETTE:

MAKES 4 SERVINGS

1. Heat coconut oil in a medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
4. Repeat with remaining ingredients to make additional omelettes. Enjoy!

NOTES

No Prosciutto

- Use ham

No Goat Cheese

- Omit cheese or use feta or cheddar

MEXICAN SCRAMBLE

33 Grams Carbs



INGREDIENTS FOR MEXICAN SCRAMBLE:

- 1 2/3 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1/2 Green Bell Pepper (de-seeded and diced)
- 2 Garlic (cloves, minced)
- 1 Tomato (diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 tsp Cumin
- 1 tsp Paprika
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 6 Eggs
- 2 tbsps Unsweetened Almond Milk
- 2 tbsps Nutritional Yeast (optional)
- 2 cups Kale Leaves (finely sliced)
- 1 Avocado (peeled and diced)
- 1/4 cup Salsa
- 1/4 cup Cilantro (chopped)

DIRECTIONS FOR MEXICAN SCRAMBLE:

MAKES 4 SERVINGS

1. Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
2. Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
3. Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
4. Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
5. Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

NOTES

Less Ingredients

- Skip the toppings (avocado, salsa, and cilantro) or skip all the seasonings and use salt, pepper, and garlic

Leftovers

- Store in airtight container in refrigerator for 3 days.

15 MINUTE SHRIMP & CABBAGE STIR FRY

15 Grams Carbs (no rice)



INGREDIENTS FOR SHRIMP & CABBAGE STIR FRY:

- 2 tbsps Coconut Oil (divided)
- 1 lb Shrimp (raw, peeled & deveined)
- 3 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes (optional)
- 8 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

DIRECTIONS FOR SHRIMP & CABBAGE STIR FRY:

MAKES 2 SERVINGS

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

NOTES

Leftovers

- Store in an airtight container for up to 2 days.

More Carbs

- Serve with brown rice or quinoa (1/2 cup brown rice = 26 g total carbs)

PHILLY CHEESESTEAK STUFFED MUSHROOMS

18 Grams Carbs



INGREDIENTS FOR PHILLY CHEESESTEAK STUFFED MUSHROOMS:

- 1 1/2 lbs Portobello Mushroom Caps
- 1 tsp Extra Virgin Olive Oil
- 12 ozs Top Sirloin Steak (thinly sliced)
- Sea Salt & Pepper
- 8 oz provolone cheese, sliced
- 8 cups baby spinach
- 2 avocados

DIRECTIONS FOR PHILLY CHEESESTEAK STUFFED MUSHROOMS:

MAKES 4 SERVINGS; ONE SERVING IS 2 STUFFED MUSHROOM CAPS & 2 CUPS SPINACH

1. Preheat the oven to 400°F (205°C). Arrange the portobello mushroom caps on a parchment-lined baking sheet and bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the steak for about three to five minutes or until your desired doneness is reached. Season with salt and pepper.
3. Top each portobello mushroom cap with a slice of provolone, followed by the sliced steak, and topped with another slice of provolone. Set the oven to broil and return the stuffed mushrooms to the oven. Cook for about three minutes or until golden brown.

NOTES

Leftovers

- Store in an airtight container for up to 3 days.

More Flavor & Toppings

- Add mayo, horseradish, or Italian seasoning. Top with onions and bell peppers.

CHEESEBURGER SALAD

6 Grams Carbs



INGREDIENTS FOR CHEESEBURGER SALAD:

- 8 ozs Ground Beef
- Salt & Pepper (to taste)
- 1/4 cup Mayonnaise
- 1 tbsp Apple Cider Vinegar
- 1 tsp Yellow Mustard
- 1 head Boston Lettuce
- 1 cup Cherry Tomatoes (halved)
- 2 ozs Cheddar Cheese (shredded)
- 1/4 cup Red Onion (diced)
- 1/4 cup Pickle (chopped)

DIRECTIONS FOR CHEESEBURGER SALAD:

MAKES 2 SERVINGS

1. Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
2. In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
3. Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

NOTES

Leftovers

- Store in an airtight container for up to 2 days.

More Flavor

- Add garlic to the ground beef

Additional Toppings

- Add sliced green onions

BISON MEATBALLS & CAULIFLOWER MASH

17 Grams Carbs



INGREDIENTS FOR BISON MEATBALLS & CAULIFLOWER MASH:

- 1 lb Ground Bison
- 4 Garlic (cloves, minced, divided)
- 1 tsp Lemon Zest
- 1/4 cup Parsley (chopped)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (large, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

DIRECTIONS FOR BISON MEATBALLS & CAULIFLOWER MASH:

MAKES 2 SERVINGS; ONE SERVING IS 5-6 MEATBALLS & 1 CUP CALI MASH

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
3. Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
4. In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
5. Serve the cauliflower mash along with the bison meatballs. Enjoy!

NOTES

Leftovers

- Refrigerate for up to 2 days. Freeze meatballs for up to 3 months.

No Bison

- Use ground beef or lamb

ONE POT CREAMY CHICKEN & ARTICHOKE STEW

12 Grams Carbs



INGREDIENTS FOR ONE POT CHICKEN STEW:

- 1 tsp Extra Virgin Olive Oil
- 8 ozs Chicken Thighs (chopped)
- 5 stalks Green Onion (tops only, chopped, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, chopped)
- 1/3 cup Canned Coconut Milk (full fat)
- 1/2 cup Chicken Broth
- 1 cup Frozen Green Beans (chopped)
- 4 cups Baby Spinach

DIRECTIONS FOR ONE POT CHICKEN STEW:

MAKES 2 SERVINGS; ONE SERVING IS APPROX 1 1/4 CUPS

1. Heat the oil in a large pot over medium heat. Once hot, add the chicken and half of the green onions. Sauté for three to five minutes.
2. Add the artichoke hearts, coconut milk, broth, and green beans. Bring everything to a simmer and cook for five to seven minutes or until the chicken is cooked through. Add the baby spinach in the final minutes of cooking.
3. Garnish with the remaining green onions and enjoy!

NOTES

Leftovers

- Store in airtight container for up to 3 days.

More Flavor

- Add capers or minced garlic

CHICKEN, KALE & RUTABAGA

38 Grams Carbs



INGREDIENTS FOR CHICKEN, KALE & RUTABAGA:

- 9 cups Rutabaga (peeled, cubed)
- Sea Salt (to taste)
- 12 ozs Chicken Breast (boneless, skinless)
- 1 1/2 tsps oregano
- 3 cups Kale Leaves (tough stems removed, roughly torn into pieces)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Extra Virgin Olive Oil

DIRECTIONS FOR CHICKEN, KALE & RUTABAGA:

MAKES 3 SERVINGS

1. Heat the oil in a large pot over medium heat. Once hot, add the chicken and half of the green onions. Sauté for three to five minutes.
2. Add the artichoke hearts, coconut milk, broth, and green beans. Bring everything to a simmer and cook for five to seven minutes or until the chicken is cooked through. Add the baby spinach in the final minutes of cooking.
3. Garnish with the remaining green onions and enjoy!

NOTES

Leftovers

- Store in an airtight container for up to 3 days.

More Flavor

- Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings

- Kimchi, Sauerkraut, pickled veggies, olives

No Rutabaga

- Use sweet potato or cauliflower instead

CREAMY MUSHROOMS & CHICKEN LIVER

22 Grams Carbs



INGREDIENTS FOR CREAMY MUSHROOMS & CHICKEN LIVER:

- 1 tbsp Avocado Oil
- 4 cups Shiitake Mushrooms (sliced)
- 8 ozs Chicken Liver
- 3/4 tsp Sea Salt
- 3/4 tsp dried thyme
- 1/4 cup canned coconut milk (full fat)
- 3/4 cup water

DIRECTIONS FOR CREAMY MUSHROOMS & CHICKEN LIVER:

MAKES 4 SERVINGS

1. In a large pan, heat the oil over medium-high heat. Add mushrooms and cook for about 3 to 5 minutes. Add chicken liver and stir occasionally for 1 to 2 more minutes.
2. Season with salt and thyme. Add coconut milk and water, and let it simmer for about 10 more minutes or until cooked through.
3. Divide into bowls and enjoy!

NOTES

Leftovers

- Refrigerate for up to 3 days.

More Flavor

- Add red pepper flakes or fresh herbs

No Liver

- Use chicken thighs instead

SNACKS

TURKEY & CHEESE ROLLUPS

- 1 3/4 ozs swiss cheese (sliced)
- 3 ozs baby pickles
- 4 ozs sliced turkey breast

Add on a slice of cheese and a pickle onto each slice of turkey. Roll and secure with a toothpick. Enjoy!

6 Grams Carbs

Makes 1 Serving



SAUSAGE & SAUERKRAUT PLATE

- 8 ozs turkey sausage
- 1 cup sauerkraut (drained)
- 2 tbsps dijon mustard

Preheat oven to 425 F and cook sausage for 20 minutes. Slice & serve with sauerkraut & mustard

4 Grams Carbs

Makes 2 Servings



CUCUMBER & SMOKED OYSTER SPREAD

- 1 tsp Cream Cheese, Regular (room temperature)
- 3 3/4 ozs Smoked Oysters (drained)
- 1 1/2 tsp Worcestershire Sauce
- 1 Cucumber (large, sliced)

Place the cream cheese, smoked oysters, and Worcestershire sauce in a bowl. Mix and mash with a fork or blend with a hand blender if you prefer a smoother texture.

17 Grams Carbs

Makes 1 Serving



COCONUT HEMP SEED BREAKFAST PUDDING

25 Grams Carbs



INGREDIENTS FOR COCONUT HEMP SEED BREAKFAST PUDDING:

- 2 cups Canned Coconut Milk (full fat)
- 1 1/3 tbsps Monk Fruit Sweetener
- 1 tsp Vanilla Extract
- 1 cup Hemp Seeds
- 1/3 cup Ground Flax Seed
- 1/3 cup Chia Seeds
- 1 1/3 tbsps Unsweetened Shredded Coconut
- 1 cup Raspberries

DIRECTIONS FOR COCONUT HEMP SEED BREAKFAST PUDDING:

MAKES 4 SERVINGS; ONE SERVING 3/4 CUP

1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

NOTES

Leftovers

- Refrigerate for up to 5 days.

Additional Toppings

- Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

No Raspberries

- Use strawberries or blueberries instead.

CARB FRIENDLY PB COOKIES

13 Grams Carbs



INGREDIENTS FOR KETO PEANUT BUTTER COOKIES:

- 1 cup Peanut Butter (no added sugar)
- 1/2 cup Monk Fruit Sweetener
- 1 Egg

DIRECTIONS FOR KETO PEANUT BUTTER COOKIES:

MAKES 12 SERVINGS; ONE SERVING IS 1 COOKIE

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Mix together the peanut butter, sweetener, and egg(s) in a large bowl with a wooden spoon until well combined.
3. Portion into balls, using approximately two tablespoons of dough per cookie, and place evenly onto the prepared baking sheet. Using a fork, press down on the cookies to form a cross-hatch pattern.
4. Bake the cookies for 10 to 12 minutes, or until the edges start to turn a golden brown. Allow to cool completely. Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to one week. Freeze if longer.

Additional Toppings

- Top with chopped nuts, cacao nibs or coconut shreds.

More Flavor

- Garnish with chopped peanuts. Drizzle with melted chocolate.

WEEK FOUR *overview*

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2/ DESSERT	CARBS APPROX DAILY TOTAL
MON.	ROASTED BREAKFAST TURNIPS	PORK BELLY CAULIFLOWER FRIED RICE	OKRA & BEEF STEW	ONE PAN ROASTED EDAMAME & BROCCOLI SALAD	CANDIED NUTS	82 G
TUES.	ROASTED BREAKFAST TURNIPS	PORK BELLY CAULIFLOWER FRIED RICE	OKRA & BEEF STEW	ONE PAN ROASTED EDAMAME & BROCCOLI SALAD	CANDIED NUTS	82 G
WED.	BACON, EGGS, AVOCADO & SAUERKRAUT	TACO SALAD WITH BEEF	OKRA & BEEF STEW	BEEF HEART MEATBALLS	CANDIED NUTS	91 G
THUR.	BACON, EGGS, AVOCADO & SAUERKRAUT	TACO SALAD WITH BEEF	GREEK CHICKEN BURGERS	BEEF HEART MEATBALLS	CANDIED NUTS	86 G
FRI.	BACON, EGGS, AVOCADO & SAUERKRAUT	TACO SALAD WITH BEEF	GREEK CHICKEN BURGERS	AVOCADO TUNA SALAD	CHOCOLATE PEANUT BUTTER BANANA POPS	78 G
SAT.	CAULIFLOWER RICE BREAKFAST BOWL	SAUSAGE & VEGGIE FOIL PACKETS	BEEF STUFFED EGGPLANT	AVOCADO TUNA SALAD	CHOCOLATE PEANUT BUTTER BANANA POPS	100 G
SUN.	CAULIFLOWER RICE BREAKFAST BOWL	SAUSAGE & VEGGIE FOIL PACKETS	BEEF STUFFED EGGPLANT	SMOKED SALMON & AVOCADO CUCUMBER BITES	CHOCOLATE PEANUT BUTTER BANANA POPS	85 G

WEEK FOUR *grocery list*

PROTEIN

- ☐ 12 slices Bacon*
- ☐ 1 lb Beef Heart (or liver)*
- ☐ 2 lbs Ground Beef*
- ☐ 1 lb Ground Chicken*
- ☐ 12 ozs Lamb Sausage*
- ☐ 4 ozs Ground Beef*
- ☐ 1 lb Pork Belly*
- ☐ 6 oz Smoked Salmon
- ☐ 1 lb Stewing Beef*
- ☐ 16 eggs*
- ☐ 1/2 cup Feta Cheese
- ☐ 1 cup sauerkraut (refrigerated)

DRY GOODS

- ☐ 3/4 cup peanut butter
- ☐ 1 tbsp almond butter
- ☐ 1 1/2 cups Almonds
- ☐ 1 tbsp Pine Nuts
- ☐ 1 cup Walnuts
- ☐ 1/2 cup tomato paste
- ☐ 1 can tuna
- ☐ Black olives
- ☐ Capers

PRODUCE

- ☐ 1 Apple*
- ☐ 6 Avocados
- ☐ 6 Bananas
- ☐ 1 tbsp Lemon Juice
- ☐ 3 tbsps Lime Juice
- ☐ 4 1/2 cups Baby Spinach*
- ☐ 6 cups Broccoli
- ☐ 1 head Cauliflower
- ☐ 3 cups Cauliflower Rice
- ☐ 2 stalks Celery
- ☐ 1 cup Cherry Tomatoes*
- ☐ 1/4 cup Cilantro
- ☐ 2 ears Corn On The Cob
- ☐ 3 Cucumbers *
- ☐ 2 Eggplant
- ☐ 3 Garlic cloves
- ☐ 2 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 4 cups Mixed Greens*
- ☐ 4 cups Okra
- ☐ 1/3 cup Parsley
- ☐ 2 Red Bell Peppers*
- ☐ 1 Red Onion
- ☐ 2 heads Romaine Hearts
- ☐ 1 Sweet Potato
- ☐ 3 Tomato*
- ☐ 2 Turnips
- ☐ 8 White Button Mushrooms
- ☐ 1 Yellow Onion
- ☐ 1 Zucchini

*buy organic, if you can

WEEK FOUR *grocery list*

MISC

- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Dried Chives
- ☐ Lebanese-style Seven
Spice Blend
- ☐ Paprika
- ☐ 1 cup almond flour
- ☐ 10 1/2 ozs dark chocolate
- ☐ 1 tbsp apple cider vinegar
- ☐ Coconut aminos
- ☐ 30 popsicle sticks

WEEK 4

recipes

ROASTED BREAKFAST TURNIPS

9 Grams Carbs



INGREDIENTS FOR ROASTED BREAKFAST TURNIPS:

- 2 Turnip (peeled, diced)
- Avocado Oil
- 1/4 tsp Paprika
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 4 Eggs
- 1 tbsp Dried Chives

DIRECTIONS FOR ROASTED BREAKFAST TURNIPS:

MAKES 2 SERVINGS

1. Preheat the oven to 350°F (177°C).
2. Place the diced turnips on a baking sheet and drizzle with avocado oil. Toss with the paprika, cumin and salt until evenly coated. Bake for 20 minutes or until golden and tender.
3. Remove from the oven and set the oven to broil. Create pockets in the turnips and gently crack an egg into each one. Return to the oven and broil for 4 to 5 minutes, or until the whites are set and the yolk is cooked to your liking.
4. Divide onto plates, garnish with dried chives and enjoy!

NOTES

Leftovers

- Eggs are best enjoyed the same day. Refrigerate the turnips in an airtight container for up to two days.

More Flavor

- Add chili powder or chili flakes.

Additional Toppings

- Top with roasted peppers, guacamole or salsa.

BACON, EGGS, AVOCADO & SAUERKRAUT

11 Grams Carbs



INGREDIENTS FOR BACON, EGGS, AVOCADO & SAUERKRAUT:

- 8 slices bacon
- 8 eggs
- 2 avocados
- 1 cup sauerkraut

DIRECTIONS FOR BACON, EGGS, AVOCADO & SAUERKRAUT:

MAKES 4 SERVINGS

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

NOTES

No Sauerkraut?

- Enjoy breakfast plate without it.

Eggs

- Eggs can be cooked however you like.

Leftovers

- Refrigerate in an airtight container for up to two days. For best results, consume the eggs the same day they were cooked.

CAULIFLOWER RICE BREAKFAST BOWL

11 Grams Carbs



INGREDIENTS FOR CAULIFLOWER RICE BREAKFAST BOWL:

- 4 slices bacon
- 8 white button mushrooms (sliced)
- 1 tbsp coconut aminos
- 3 cups cauliflower rice
- 4 eggs

DIRECTIONS FOR CAULIFLOWER RICE BREAKFAST BOWL:

MAKES 2 SERVINGS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
2. Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
3. Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the eggs on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to two days. For best results, consume the eggs the same day they were cooked.

More Flavor

- Add chili flakes, sea salt or hot sauce.

No coconut aminos

- Use tamari or soy sauce instead.

PORK BELLY CAULIFLOWER FRIED RICE

8 Grams Carbs



INGREDIENTS FOR PORK BELLY CAULIFLOWER FRIED RICE:

- 1 lb Pork Belly (strips)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (finely chopped or grated)
- 1 stalk celery (sliced)
- 3 tsps dried chives

DIRECTIONS FOR PORK BELLY CAULIFLOWER FRIED RICE:

MAKES 4 SERVINGS

1. Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
2. Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
3. Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
4. Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
5. Divide into bowls. Enjoy!

NOTES

No Cauliflower

- Use white rice, brown rice, couscous, quinoa, barley or rice noodles instead.

No Pork Belly

- Use bacon or ground beef

Leftovers

- Refrigerate in an airtight container up to 3 days.

Save Time

- Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

TACO SALAD WITH BEEF

15 Grams Carbs



INGREDIENTS FOR TACO SALAD WITH BEEF:

- 1 lb Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

DIRECTIONS FOR TACO SALAD WITH BEEF:

MAKES 4 SERVINGS

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

NOTES

More Flavor

- Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Leftovers

- Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

SAUSAGE & VEGGIE FOIL PACKETS

21 Grams Carbs



INGREDIENTS FOR SAUSAGE & VEGGIE FOIL PACKETS:

- 12 ozs Lamb Sausage (sliced into 1 inch pieces)
- 2 ears Corn On The Cob (sliced into pieces)
- 1 Zucchini (medium, sliced)
- 1 Red Bell Pepper (seeds removed and chopped)
- 1 Sweet Potato (medium, peeled and chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

DIRECTIONS FOR SAUSAGE & VEGGIE FOIL PACKETS:

MAKES 4 SERVINGS

1. Preheat grill to medium heat, or oven to 400 degrees
2. Create a double layer of foil for each serving and divide all ingredients accordingly. Fold the foil to form a sealed and secure encasing.
3. Grill the foil packets for about 20 to 25 minutes on grill or 30 minutes in oven, or until the sausage is cooked through and veggies are tender. Remove from the grill or oven and very carefully open the foil packet with tongs to allow the steam to escape. Transfer the contents to a plate and enjoy!

NOTES

No Grill

- Cook the foil packets in the oven at 400°F (204°C) for about 30 minutes, or until sausage is cooked through and veggies are tender.

More Flavor

- Add your spices of choice such as paprika, cumin, chili powder, garlic powder, dried or fresh herbs.

No Lamb Sausage

- Use any type of sausage instead.

Leftovers

- Refrigerate in an airtight container up to 3 days.

OKRA & BEEF STEW

25 Grams Carbs



INGREDIENTS FOR OKRA & BEEF STEW:

- 4 1/2 cups Water
- 1 lb. Stewing Beef (cubed)
- 3 Garlic (cloves, minced)
- 1 Yellow Onion (small, diced)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lebanese Seven Spice Blend
- 4 cups Okra (trimmed, sliced)
- 1/2 cup Tomato Paste
- 2 Tomatoes (chopped)
- 1/2 tsp Sea Salt

DIRECTIONS FOR OKRA & BEEF STEW:

MAKES 3 SERVINGS; ONE SERVING IS 2 1/2 CUPS

1. In a large pan over medium-high heat, heat a splash of the water and cook the beef for about eight minutes, flipping halfway. Set aside the beef.
2. In the same pan, heat a few more tablespoons of the water and cook the garlic, onion, and cilantro for about two minutes. Stir in the Lebanese seven spice and okra. Cook until the okra is tender, about 10 minutes. Add more water as needed to prevent sticking.
3. Stir in the cooked beef, tomato paste, tomatoes, sea salt, and the remaining water. Lower the heat to a simmer, cover with a lid, and cook for about 15 minutes or until your desired consistency is reached.
4. Season with more salt to taste. Divide into bowls and enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days, or freeze if longer.

More Flavor

- Cook the beef, onions, and garlic in oil instead of water.

Additional Toppings

- Serve it with Lebanese rice and more fresh herbs.

GREEK CHICKEN BURGERS

19 Grams Carbs



INGREDIENTS FOR GREEK CHICKEN BURGERS:

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Red Bell Pepper (diced and divided)
- 1/2 cup Red Onion (diced and divided)
- 4 cups Baby Spinach
- 1 cup Almond Flour
- 1 lb Ground Chicken
- 1/2 cup Black Olives (chopped and divided)
- 1/2 cup Feta Cheese (crumbled and divided)
- 2 Cucumbers (diced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens

DIRECTIONS FOR GREEK CHICKEN BURGERS:

MAKES 4 SERVINGS; ONE SERVING IS 2 1/2 CUPS

1. Heat olive oil in a large skillet over medium heat.
2. Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
3. Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
4. Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
5. Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
6. Plate burger over a bed of greens and top with your chopped greek salsa.

NOTES

How to serve

- Can be served in a lettuce wrap, open faced sourdough slice, or in a tortilla.

Get Creative

- These also work as meatballs or sliders.

BEEF STUFFED EGGPLANT

35 Grams Carbs



INGREDIENTS FOR BEEF STUFFED EGGPLANT:

- 2 Eggplant (small, cut in half lengthwise)
- 2 tsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper
- 4 ozs Ground Beef
- 1 tsp Smoked Paprika
- 1 Tomato (medium, diced)
- 1 tbsp Pine Nuts
- 1 tbsp Parsley (chopped)

DIRECTIONS FOR BEEF STUFFED EGGPLANT:

MAKES 2 SERVINGS; ONE SERVING IS TWO SMALL EGGPLANT HALVES

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Using a sharp knife, score the flesh of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
3. Meanwhile, heat the remaining oil in a pan over medium-high heat. Add the beef, breaking it up as it cooks. Add the paprika. Cook for five to six minutes or until halfway cooked.
4. Add tomato to the meat and continue cooking for another 10 minutes.
5. Divide the eggplants between plates. Top with the beef mixture, pine nuts, and parsley. Season with additional salt and pepper if needed. Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

More Flavor

- Add chili flakes and cumin.

No Pine Nuts

- Omit or use walnuts instead

ONE PAN EDAMAME & BROCCOLI SALAD

21 Grams Carbs



INGREDIENTS FOR EDAMAME & BROCCOLI SALAD:

- 6 cups Broccoli (chopped into florets)
- 2 cups Frozen Edamame (shelled)
- 1 cup Walnuts
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 1 tbsp Almond Butter
- 1 tbsp Apple Cider Vinegar

DIRECTIONS FOR EDAMAME & BROCCOLI SALAD:

MAKES 4 SERVINGS; ONE SERVING IS 1 1/2 CUPS

1. Preheat oven to 450°F (232°C) and line baking sheet with foil.
2. In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
3. Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
4. Drizzle desired amount of dressing over top of the salad and serve.

NOTES

Leftovers

- Refrigerate in an airtight container for up to five days.

No Walnuts

- Use cashews, almonds or pecans instead.

Nut-Free

- Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

BEEF HEART MEATBALLS

21 Grams Carbs



INGREDIENTS FOR BEEF HEART MEATBALLS:

- 1 lb Beef Heart (fat trimmed, ground)
- 1 lb Ground Beef
- 1 tsp Sea Salt
- 1/2 cup Baby Spinach (finely chopped)
- 1/4 cup Parsley (finely chopped)

DIRECTIONS FOR BEEF HEART MEATBALLS:

MAKES 4 SERVINGS; ONE SERVING IS 5 TO 6 MEATBALLS

1. Preheat the oven to 350°F (177°C).
2. Add all ingredients into a large bowl and mix until well combined.
3. Roll into balls roughly the size of golf balls. Place in a glass baking dish, or an oven-safe dish with high sides. Bake for 20 minutes or until fully cooked. Serve and enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

More Flavor

- Add garlic and pepper to the meat mixture.

Nut-Free

- Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

Beef Heart

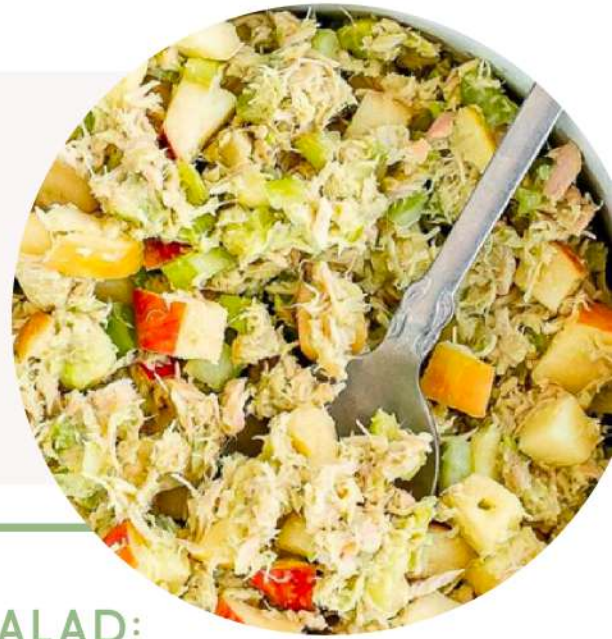
- Ask your butcher to grind the beef heart. If that's not available, you can grind it in your food processor. Cut into smaller pieces and freeze for roughly 20 minutes to make for easier grinding.

Serve it with

- Cauliflower rice, spaghetti squash, noodles with tomato sauce or over top of a bed of greens.

AVOCADO TUNA SALAD

22 Grams Carbs



INGREDIENTS FOR AVOCADO TUNA SALAD:

- 1 can tuna (drained)
- 1 avocado (medium)
- 1 stalk Celery (chopped)
- 1 apple (small, chopped)
- 1/2 tsp sea salt (to taste)
- 1 tbsp lemon juice

DIRECTIONS FOR AVOCADO TUNA SALAD:

MAKES 2 SERVINGS

1. In a medium-sized bowl, add the tuna. Add the avocado and mash well with a fork to combine.
2. Add the celery and apple to the tuna and season with salt. Add the lemon juice and stir to combine. Serve and enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

More Flavor

- Add additional spices and/or herbs to the salad.

How to serve

- Serve on large crispbreads, in a wrap or sandwich, or top salads with it

Canned Tuna

- One can of tuna is equal to 165 grams or 5.8 ounces, drained.

SMOKED SALMON & AVOCADO CUCUMBER BITES

7 Grams Carbs



INGREDIENTS FOR SALMON BITES:

- 1/2 cucumber (large)
- 1/2 avocado (mashed)
- 6 ozs smoked salmon
- 1 tsp capers
- 1/8 tsp sea salt

DIRECTIONS FOR SALMON BITES:

MAKES 2 SERVINGS

1. Slice cucumber in rounds. Top cucumber with mashed avocado, salmon, capers, and sea salt.

NOTES

Leftovers

- Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor

- Add spices like chili flakes, cayenne or black pepper.

No salmon

- Use smashed sardines or herring

CANDIED NUTS

19 Grams Carbs



INGREDIENTS FOR KETO CANDIED NUTS:

- 2 tbsps Water
- 1/3 cup Monk Fruit Sweetener (granulated)
- 1 1/2 tps Cinnamon
- 1/4 tsp Sea Salt
- 1 1/2 cups Almonds

DIRECTIONS FOR KETO CANDIED NUTS:

MAKES 6 SERVINGS; ONE SERVING IS 1/4 CUP

1. Line a baking sheet or plate with parchment paper.
2. Add the water to a small pot over medium heat. When the water starts to steam add the monk fruit sweetener, cinnamon, and salt. Stir to combine and allow to come to a bubble.
3. Add the almonds and stir well. Continue to stir for two to three minutes until the almonds are heated through and the monk fruit sauce has thickened.
4. Transfer the almonds to the parchment paper and spread in an even layer to cool.
5. Allow the nuts to cool completely and the candy coating to harden before storing them in an airtight container. Enjoy!

NOTES

Leftovers

- Store in an airtight container for up to one week.

More Flavor

- Add vanilla extract or a pinch of nutmeg, cayenne pepper, or cloves

No Almonds

- Use another nut or seed or a combination

CHOCOLATE PEANUT BUTTER BANANA POPS

11 Grams Carbs



INGREDIENTS FOR CHOCOLATE PEANUT BUTTER BANANA POPS:

- 2 tbsps Water
- 1/3 cup Monk Fruit Sweetener (granulated)
- 1 1/2 tsps Cinnamon
- 1/4 tsp Sea Salt
- 1 1/2 cups Almonds

DIRECTIONS FOR CHOCOLATE PEANUT BUTTER BANANA POPS:

MAKES 10 SERVINGS; ONE SERVING IS 1/4 CUP

1. Line a baking sheet with parchment paper.
2. Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
3. Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
4. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
5. Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
6. Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

NOTES

No Peanut Butter

- Use any type of nut butter, honey, or chia jam

Other Toppings

- After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut, or cacao nibs.